

# RAKUEN TRANSLATIONS



TRANSLATOR:

/A/ANONYMOUS

PROOFREADER:

/A/ANONYMOUS

RAW PROVIDER:

/A/ANONYMOUS

CLEANER:

PAPO41

TYPESETTER:

PAPO41

READING:  
**BATOTO**

DOWNLOAD:

MEGA



RAKUEN TRANSLATIONS



IKEBUKURO TRANSLATIONS.  
BLOGSPOT.PE

# DEAR SUCCUBUS SISTER



Author: Kadono Yu

# RENGOKU NO KARMA



# RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED  
ON HELPING US,  
WRITE US ON OUR  
FACEBOOK PAGE OR  
CONTACT US AT OUR  
BATOTO ACCOUNT  
PAPO41

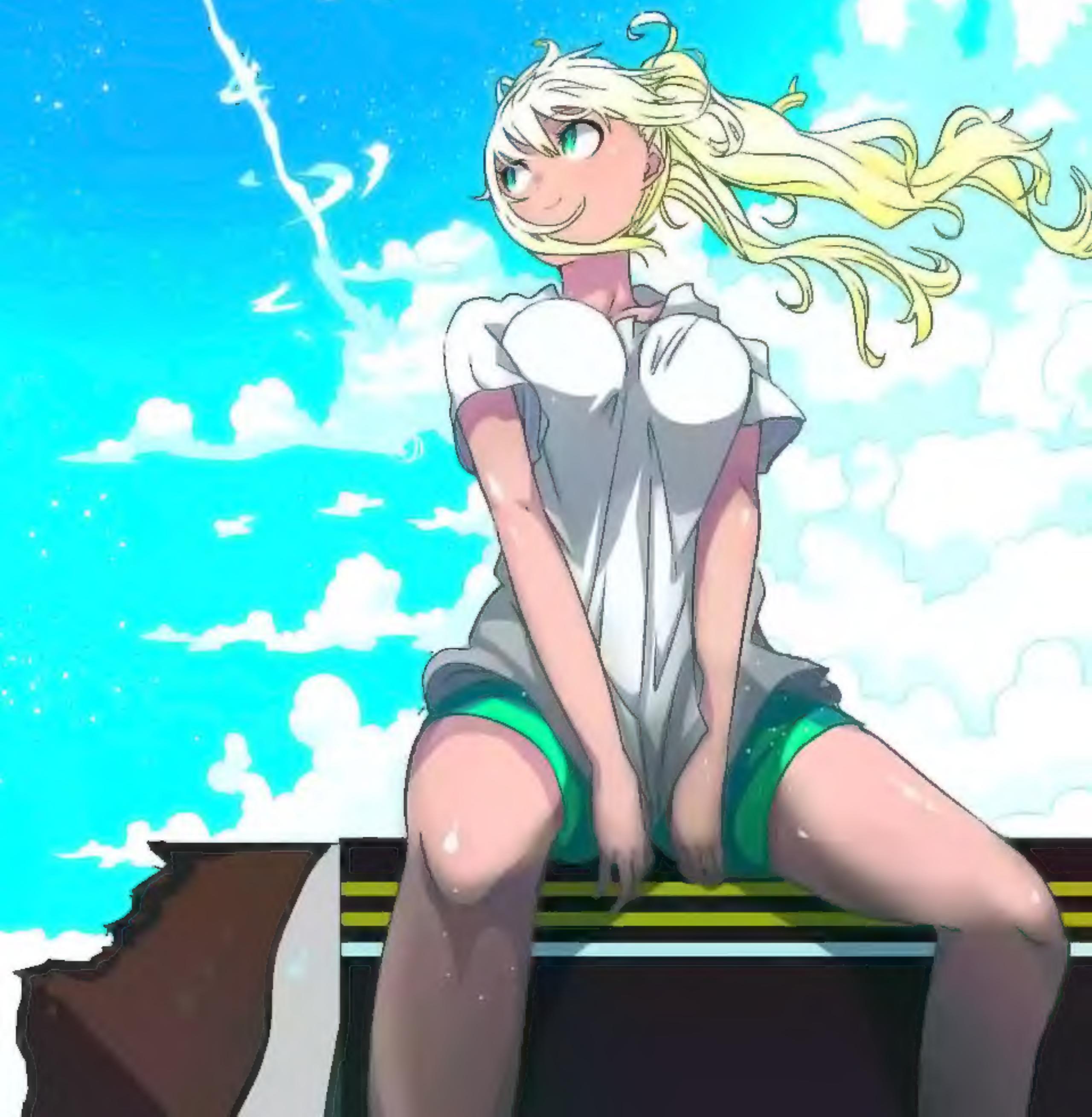


WE'RE ALSO RECRUITING TYPESETTERS,  
REDRAWERS AND CLEANERS.

# CHAPTER 5: PLANKS



ダンベル  
何キホてる？





TO BE CONTINUED ... ?



A.....  
AWE-  
SOOOOO-  
MEEE!!!!

WE GOTTA  
RE-WATCH  
THEM ALL  
STARTING  
WITH THE  
FIRST AND  
PAY CLOSE  
ATTEN-  
TION.

WAIT,  
WAIT!  
DON'T  
RUSH  
THE  
ENDING.

WAIT A SEC,  
DIDN'T THE  
LAST MOVIE  
HAVE A  
DREAM-  
END!?

AND TO BE  
CONTINUED?  
OBVIOUSLY!  
THERE'S  
DEFINITELY  
MORE  
COMING!!

THE CLIFFHAN-  
GER, MAN.  
I WAS HOLDING  
MY BREATH  
THE WHOLE  
TIME. THIS IS A  
MASTERPIECE!!

WE MET ON  
THE FIRST  
DAY OF HIGH  
SCHOOL IN  
CLASS AND  
HANG OUT  
EVER SINCE.

THIS  
GIRL'S  
NAME IS  
UEHARA  
AYAKA.

WE'RE  
STAYIN'  
UP ALL  
NIGHT!

THERE  
WE  
GO.

OKAY!

I ALWAYS  
HANG OUT  
IN THE  
MOVIE  
THEATER  
WITH  
HER...

SPEAKING  
OF WHICH,  
THIS IS THE  
FIRST TIME  
I CAME  
OVER TO  
AYAKA'S  
HOUSE.

YOUR  
FAVO-  
RITE...!  
SHE  
REALLY  
KNOWS  
MO-  
VIES!!

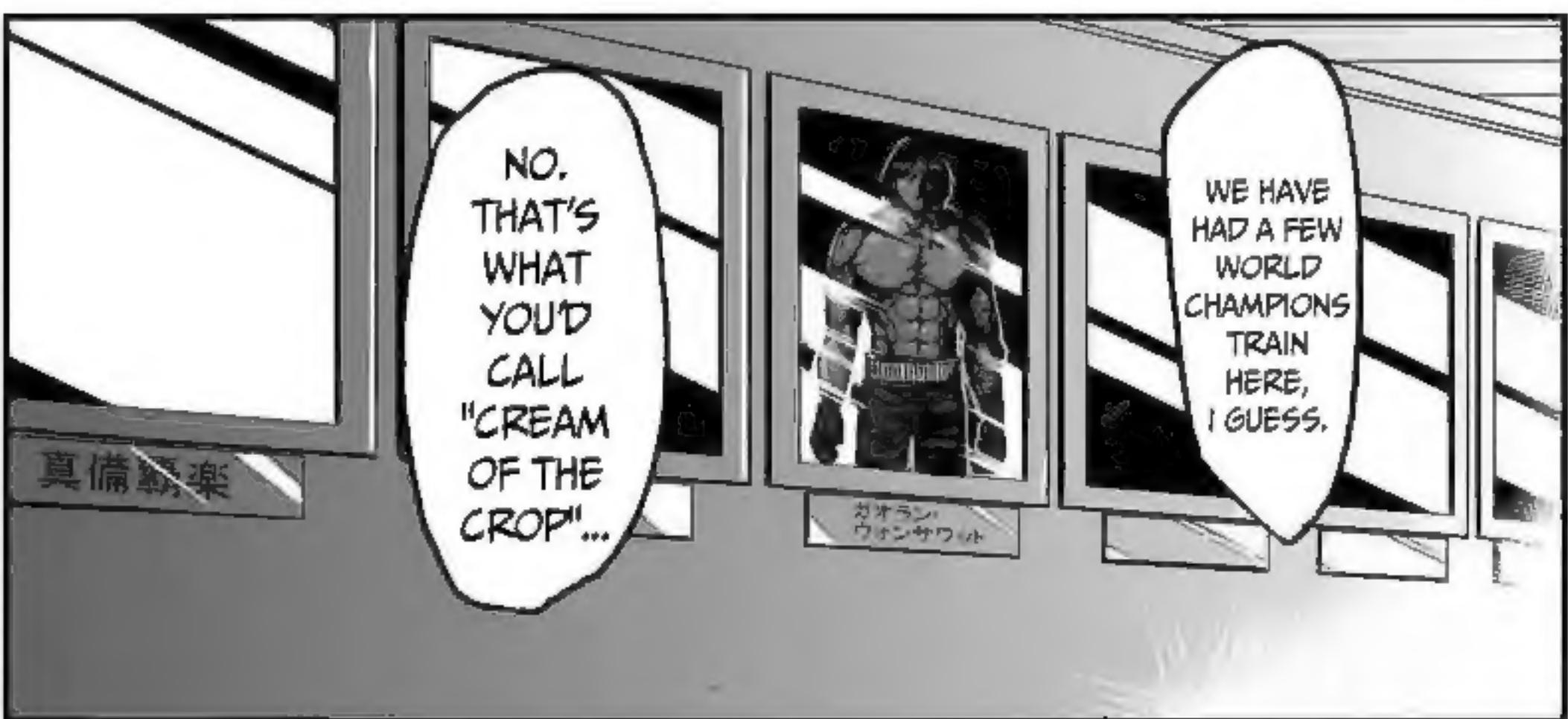
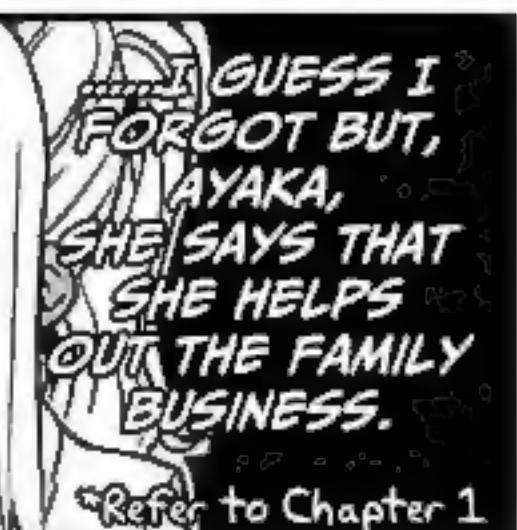
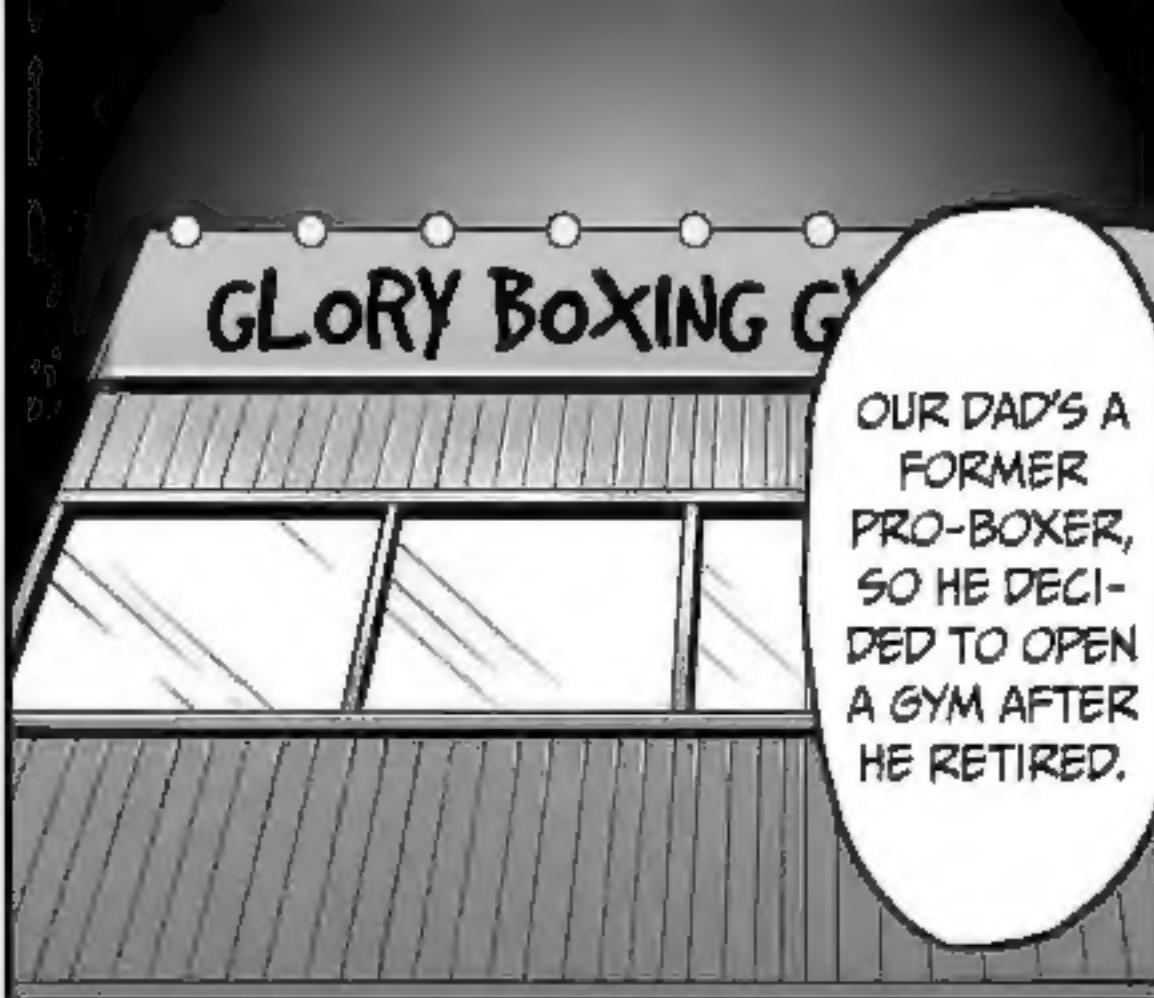
Favorite  
movie?  
Have  
you seen  
"El  
Potion"?

OUR TASTE  
IN MOVIES  
OVERLAPPED  
A TON SO WE  
BASICALLY  
BECAME BEST  
FRIENDS...













1) LIE  
DOWN  
ON  
YOUR  
BACK

## AYAKA'S DEBUT DRAGON FLAG

2) SLOWLY  
PULL YOUR  
BODY UP.

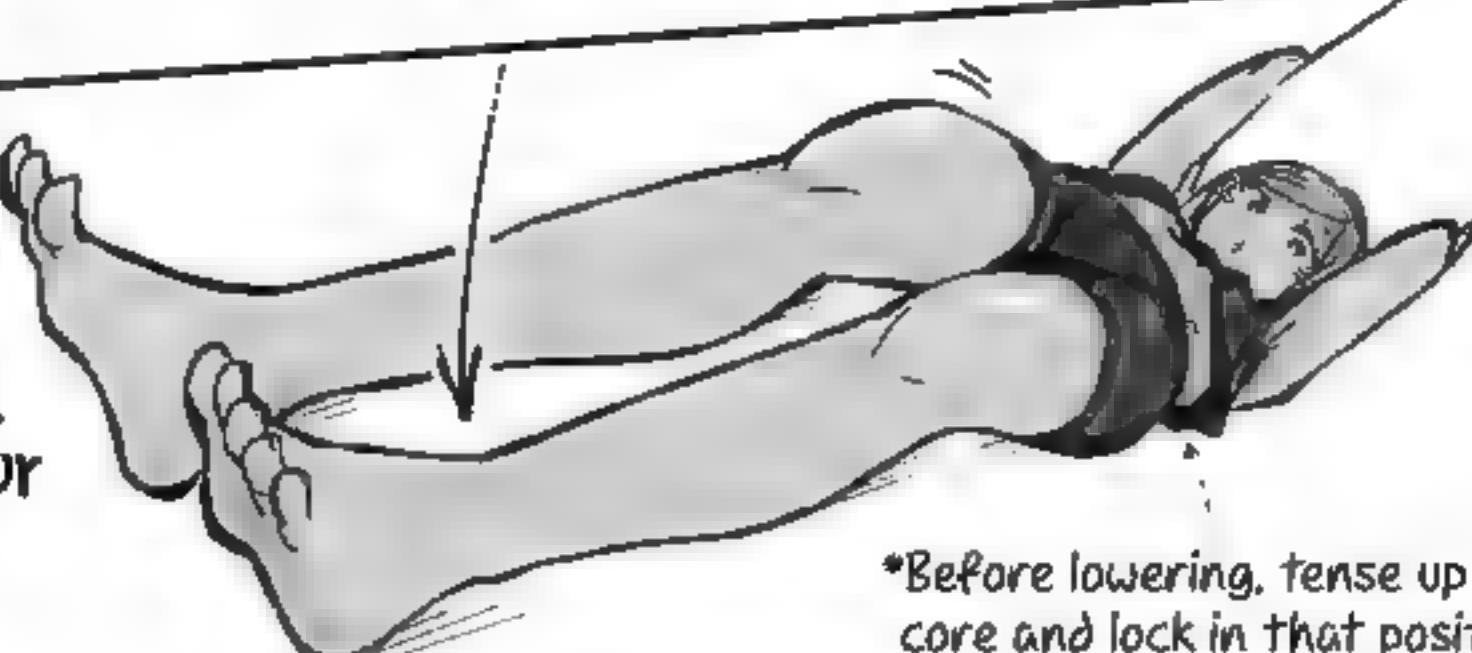
\*You don't have to keep  
your legs super tense,  
they can bend a little.

\*Don't jerk yourself up  
by bouncing. Use your  
abs to slowly raise them.

Keep your shoulders  
on the ground.

Be sure you  
remember to  
keep your back  
straight and your  
legs in-line.

3) SLOWLY  
RETURN  
TO THE  
STARTING  
POSITION.



\*Before lowering, tense up your  
core and lock in that position.  
Then slowly lower them.



# PLANKS

Don't raise your chin.

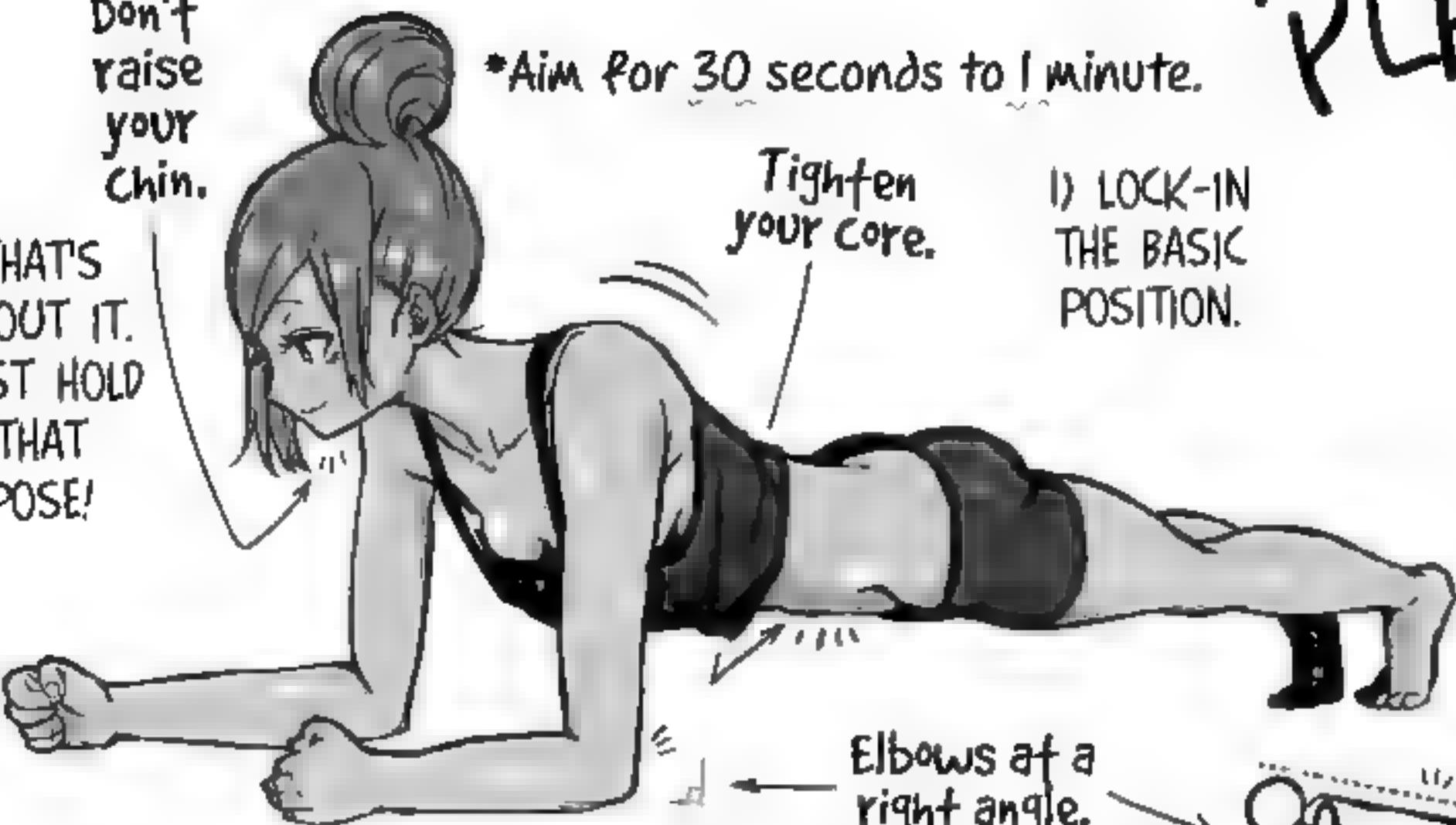
THAT'S ABOUT IT. JUST HOLD THAT POSE!

\*Aim for 30 seconds to 1 minute.

Tighten your core.

1) LOCK-IN THE BASIC POSITION.

Elbows at a right angle.



THE GOAL IS TO KEEP YOUR ENTIRE BODY IN A STRAIGHT LINE.

BE CAREFUL NOT TO ARCH YOUR BACK OR BEND YOUR LEGS!

HOWEVER, DON'T EVER RELAX YOUR CORE.

MAYBE LISTEN TO SOME MUSIC DURING THIS.

YOU COULD WATCH TV!

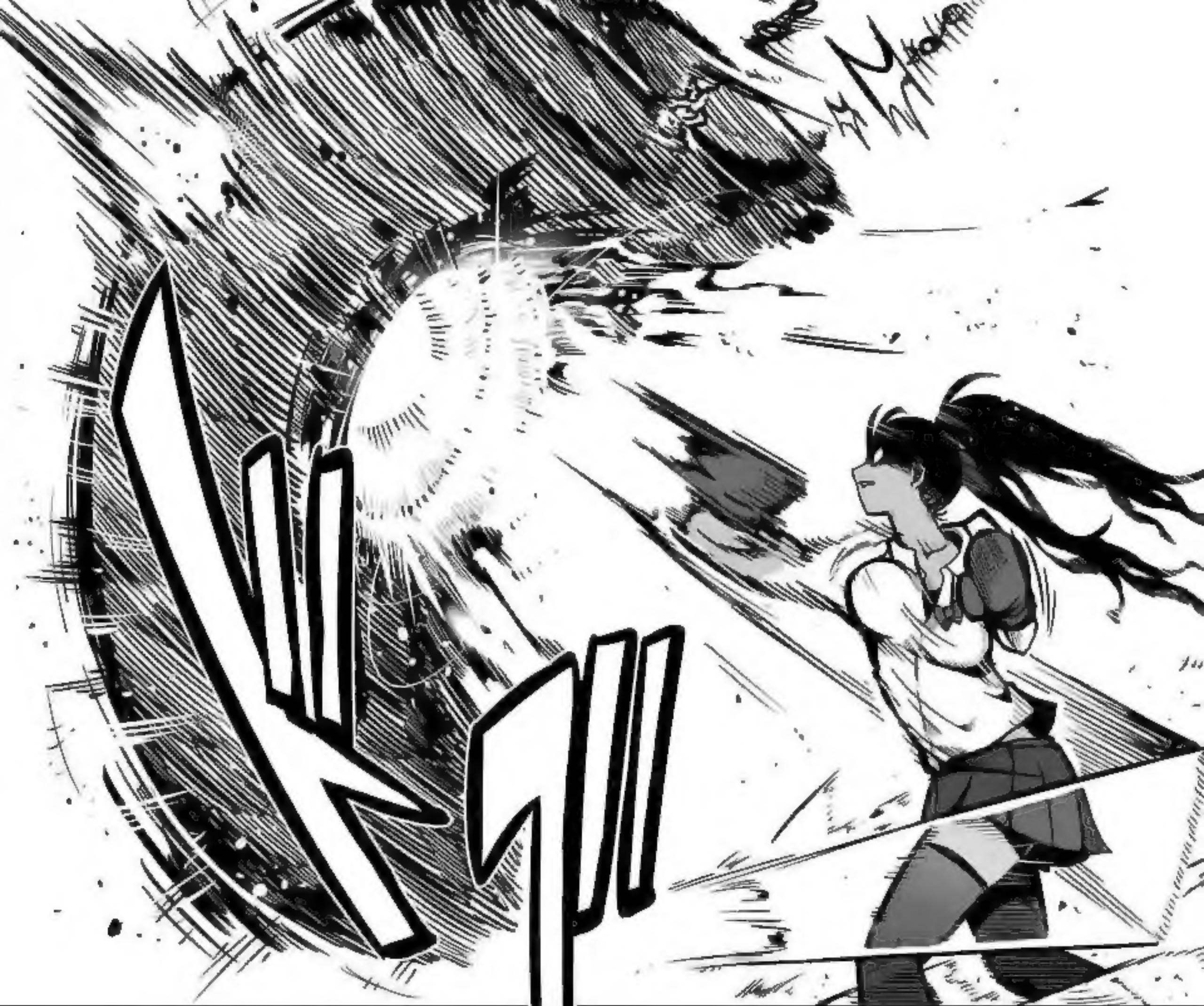


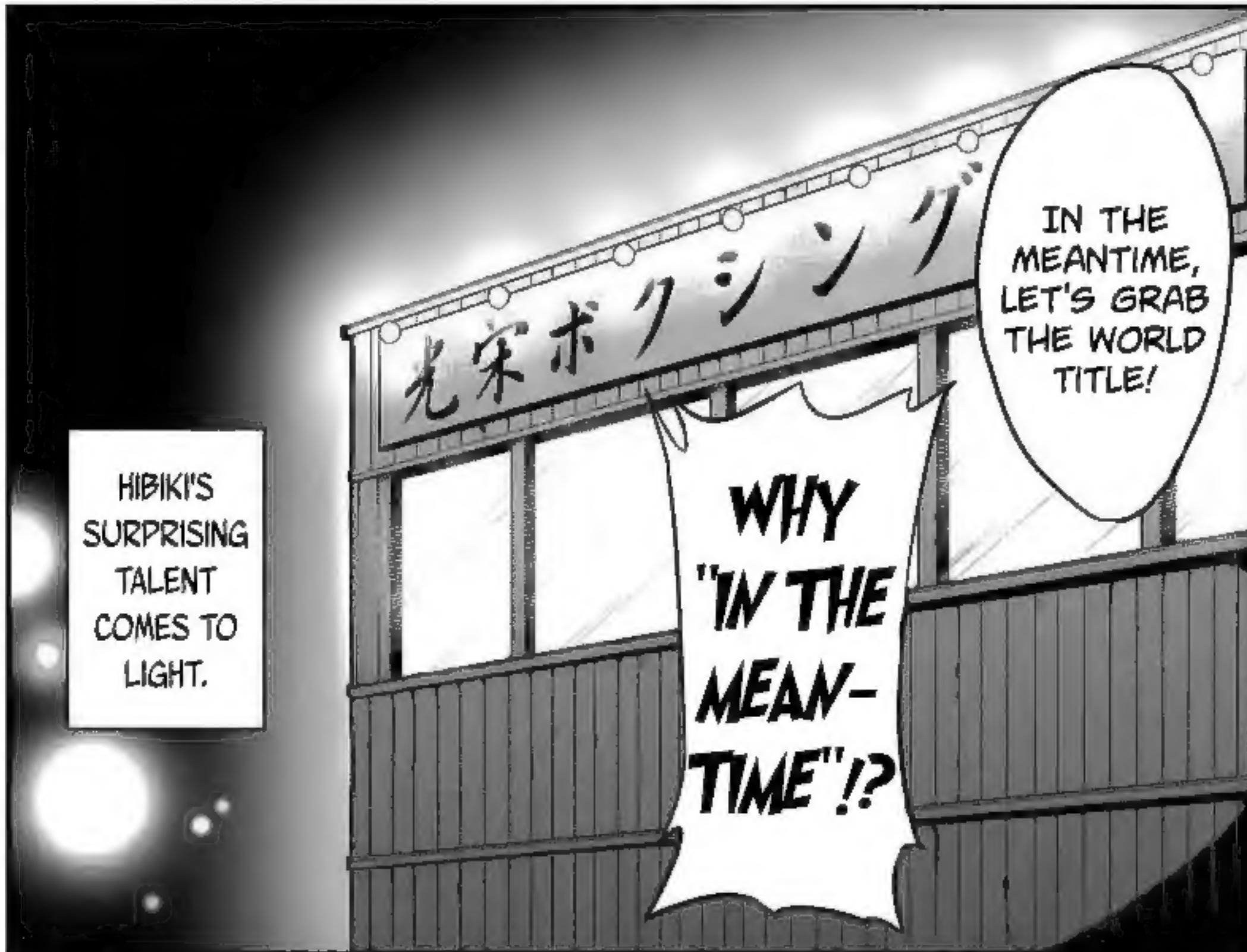
CONTINUE EVERY DAY, YOU MIGHT JUST GET YOUR IDEAL RESULT.

START WITH 30 SECONDS A DAY!











## FOR PROFESSIONALS

THE SEVEN COMMANDOS 4  
THE GREAT ESCAPE OF FURY

TRAILER

ボクシング・アンド・ボクシング



SFX: ACTION MUSIC + FIGHT NOISES.